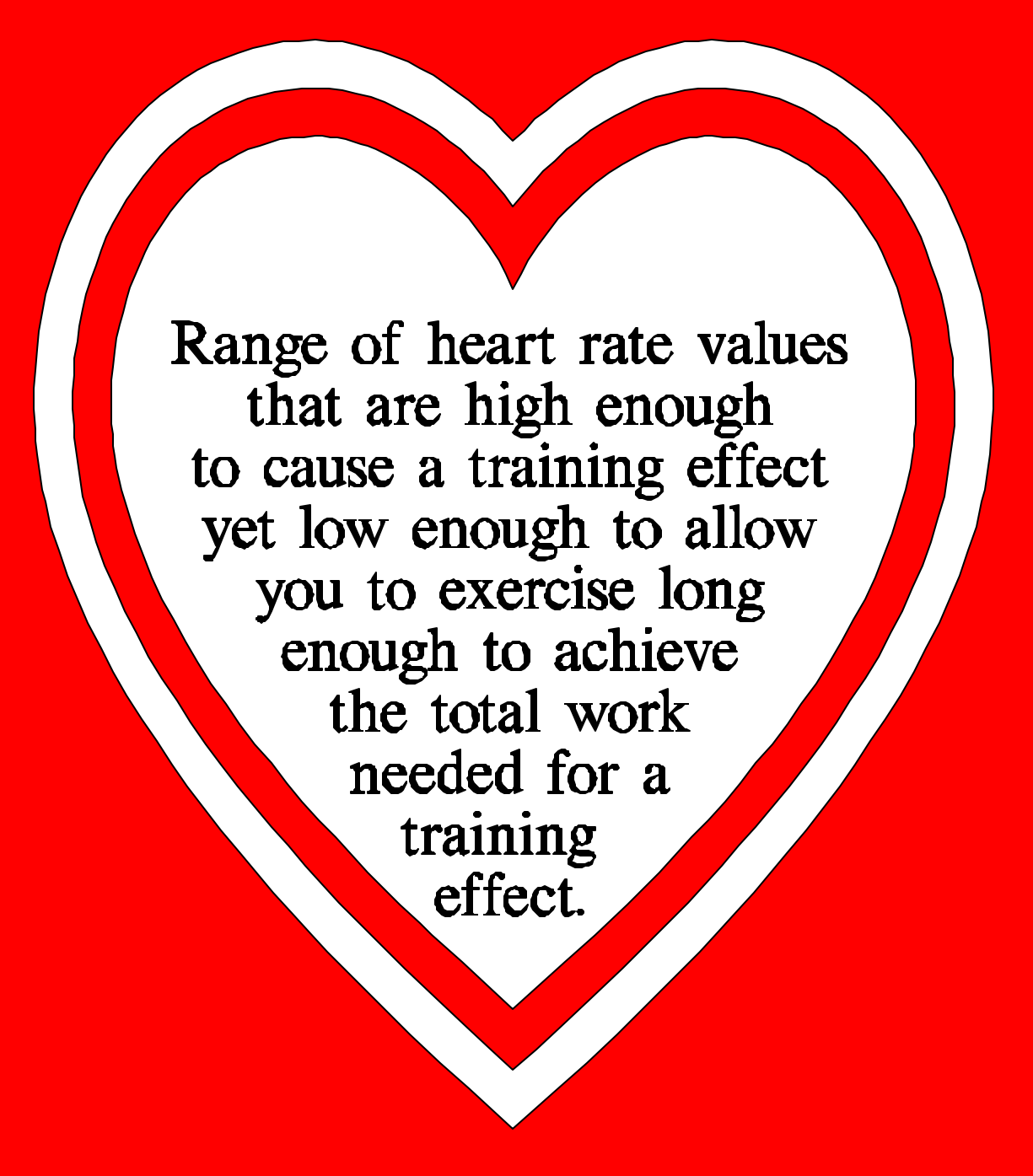


Target Heart Rate Zone



Range of heart rate values
that are high enough
to cause a training effect
yet low enough to allow
you to exercise long
enough to achieve
the total work
needed for a
training
effect.

Figuring Your Own Target Heart Rate

Maximum Heart Rate:

$$220 - \underline{\text{Age}} = \underline{\hspace{2cm}} \text{ Maximum Heart Rate (MHR)}$$

Target Heart Rate: 60% - 85% of Maximum

$$\text{MHR} \times .60 = \underline{\hspace{2cm}} \text{ Lower Target Heart Rate (LTHR)}$$

$$\text{MHR} \times .85 = \underline{\hspace{2cm}} \text{ Maximum Target Heart Rate (MTHR)}$$

$$\text{Target Heart Rate} = \underline{\hspace{2cm}} \text{ (LTHR)} \text{ through } \underline{\hspace{2cm}} \text{ (MTHR)}$$

10 sec. pulse =

$$\text{Lower Target Heart Rate} \div 6 = \underline{\hspace{2cm}}$$

Through

$$\text{Maximum Target Heart Rate} \div 6 = \underline{\hspace{2cm}}$$